

February 28, 2023

**MOTION BY SUPERVISOR JANICE HAHN**

**Proclaim March as National Nutrition Month**

National Nutrition Month is an annual education and information campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthy eating and physical activity habits. The theme for 2023 is “Fuel for the Future,” which can foster lessons about a vegetarian diet or plant-based diet for our older adults. It is essential to consider their budget and cultural tastes, and how to choose healthy vegetarian and vegan options.

The Los Angeles County Aging and Disabilities Department’s Area Agency on Aging (AAA) and its Aging Network are making a concerted effort in Los Angeles County to promote healthy eating decisions and improved physical fitness. In Fiscal Year 2021-2022, the AAA provided over 6.5 million nutritious meals for older adults in Los Angeles County as the COVID-19 pandemic exacerbated the need for healthy meals. In addition to providing meals, AAA provides nutrition counseling sessions and evidence-based nutrition education that encourages older adults to adopt healthy eating and physical activity plans. The AAA will launch a social media and community informational campaign promoting the benefits of nutritious eating to its Aging Network.

**I, THEREFORE, MOVE** that the Board of Supervisors declare the month of March 2023

MOTION

SOLIS \_\_\_\_\_

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as National Nutrition Month (NNM) in Los Angeles County and commend the Los Angeles County Aging and Disabilities Department's Area Agency on Aging (AAA) to continue efforts of providing nutritious meals for older adults that are approved by registered dietitians, to promote physical activity habits through its nutrition service providers, and to continue working with Los Angeles County's Food Equity Roundtable to help advance food justice and inequities in food systems.

**I, FURTHER, MOVE** that the Board of Supervisors encourage all constituents and interested groups to observe the month of March 2023 with appropriate activities that promote the importance of making informed food choices such as promoting NNM at the workplace, commit to a new fruit or vegetable at home each week, picking a meatless day, organize a food donation campaign, or even start a walking club with your co-workers.

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**JH:mk**